

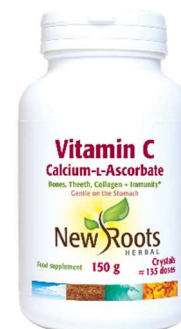
# Vitamin C Calcium L-Ascorbate

150 g / Code FE0030



Vitamin C in the form of 100% pure Calcium L-Ascorbate in powder form in the form of crystals. Vitamin C in crystal form dissolves easily in water or juice. The calcium ascorbate form of vitamin C is a mild form for the stomach.

**HEALTH CLAIMS (EU Regulation 432/2012):** *Vitamin C contributes to normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, teeth, and skin. It contributes to normal energy-yielding metabolism and to normal functioning of the nervous system and the immune system. It contributes to the protection of cells from oxidative stress, the reduction of tiredness and fatigue, and to increases iron absorption.*



**FORMAT:** 150 g

## FORMULA

**Ingredients:** Calcium-L-ascorbate (vitamin C) 100% pure).

<b>Nutritional information:</b>	<b>¼ teaspoon (1 090 mg)</b>	<b>½ teaspoon (2 180 mg)</b>
Vitamin C (from calcium-L-ascorbate)	894 mg (1 118%*)	1 788 mg (2 235%*)
Calcium (from calcium-L-ascorbate)	109 mg (14%*)	218 mg (27%*)

\* NRV: Nutrient Reference Value in %.

**Recommended daily dose:** Stir ¼ teaspoon (1 g) into juice or water once or twice daily. If you are taking other medications, take this product a few hours before or after them. Do not exceed the stated recommended daily dose.

## Indications and uses:

- Antioxidant properties.
- It stimulates the immune system and helps prevent and treat common colds and flu.
- It has anti-inflammatory and antiviral properties.
- It is essential for collagen formation.
- It is important for the proper development and maintenance of connective tissue, teeth, gums, bones, ligaments and blood vessels.
- Promotes iron absorption and folic acid metabolism.
- Combats the symptoms of fatigue and stress.
- May prevent the development of cataracts.

## DETAILS:

Vitamin C in the form of calcium ascorbate: allows greater bioavailability of both ascorbate and calcium. Calcium ascorbate supplementation has been shown to increase the concentration of vitamin C within leukocytes and to be more effective than vitamin C alone.

## INGREDIENTS:

**VITAMIN C:** vitamin C is not produced by the body. Therefore, it must be obtained on a daily basis, either from adequate servings of fruit and vegetables or from supplements.

It plays an important role in human health as it is part of the antioxidant defence system and, therefore, contributes to the protection of cells against oxidative damage, helping to reduce the negative effects this process has on the development of certain chronic pathologies associated with cardiovascular disease and neurological disorders, osteoarticular pathology, diabetes and cancer. Specifically, regarding cardiovascular health, it prevents the oxidation of LDL cholesterol and oxidative damage to the walls of blood vessels. Its benefits include lowering blood pressure, reducing the risk of clotting and strengthening the vascular and capillary endothelium. Together with other antioxidants, it plays an important role in eye health by slowing the progression of age-related macular degeneration and vision loss<sup>(1-4)</sup>.

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It supports the immune system by increasing defence cells and has been shown to be effective in reducing the symptoms and duration of the common cold. It also has a positive effect on connective tissue as it is involved in the formation of collagen — structural fibres that are essential for the proper functioning of bones, teeth, cartilage, gums, skin and blood vessels. Vitamin C is also involved in the synthesis of neurotransmitters and peptide hormones for proper functioning of the nervous system and psychological functions <sup>(3-6)</sup>.

Vitamin C contributes to the normal functioning of cellular energy production, thereby reducing tiredness and fatigue and improves the absorption of iron from plant sources, making it especially important for vegetarians and vegans. It is also associated with improved athletic performance as vitamin C is a cofactor for carnitine and increases cardiac capacity. It promotes an adequate immune response during and after intense physical exercise <sup>(4,6,7)</sup>.

It is also key to collagen synthesis. It also has a positive effect on connective tissue as it is involved in the formation of collagen, essential for the proper functioning of bones, teeth, cartilage, gums, skin and blood vessels <sup>(8)</sup>.

Vitamin C can help accelerate bone healing after fracture and speed recovery from musculoskeletal damage by increasing type I collagen synthesis and reducing oxidative stress parameters <sup>(9,10)</sup>.

The skin, under normal conditions, contains high concentrations of vitamin C, which supports important functions by stimulating collagen synthesis and assisting in antioxidant protection against UV-induced damage <sup>(11,12)</sup>.

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## REFERENCES:

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